Are you feeling more Scrooge than Santa?

If you're looking to escape the hassles of the holidays, then try these five Christmas-free destinations PAGE 9

PARTY ON, DUDES!

ABE LINCOLN AS POP-CULTURE ICON PAGE 7

A Prairie Christmas Shopping Show 2012
Daily & Hourly DRAWS!
November 16 - 18 Prairieland Park
HOURS Friday 3 - 9pm
Saturday 10am - 6pm
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U.S. President Barack Obama after win: 'WE'RE ALL IN THIS TOGETHER'

Supporters cheer after networks project re-election for U.S. President Barack Obama during the Obama Election Night watch party at McCormick Place Tuesday in Chicago, Ill. Obama won the race against Republican candidate Mitt Romney. The president took to Twitter to thank his supporters, saying, "We're all in this together. That's how we campaigned." More coverage, page 4. CHIP SOMODEVILLA/GETTY IMAGES

Dark side of the sun

Saskatchewan MLAs raise awareness of skin cancer, which is the most common form of cancer in the province PAGE 2

Rumours of his libido have been greatly exaggerated

Jack Nicholson claims he isn't all that comfortable with his reputation as a "sex legend" PAGE 8

Add some spice with your sugar

Cardamom enhances this cranberry-pear crisp PAGE 11

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NEWS 1

Housing starts a good sign for Sask., economist says

Real estate. Moderate growth in 2013 forecasted to follow booming 2012

JEFF MACKEY
jeff.mackey@metronews.ca

The real estate market in Saskatchewan is showing solid growth when compared to its provincial counterparts.

"You are fairing well. You're hitting thirty-something year highs in housing starts," said Lai Sing Louie, regional economist with the Canadian Mortgage and Housing Corporation.

"Compared to other markets, there are not many that are performing like Saskatchewan is right now," said Louie.

According to a forecast by the Canadian Mortgage and Housing Corporation, international and interprovincial migration to the province will continue to create high demand — and low vacancy rates — in Saskatchewan housing.

"Obviously there are a lot of people coming to Saskatchewan to work, make a living and start a family and that is creating a lot of demand for the housing market," said Louie.

In 2013, rates will moderate slightly, due in part to economic factors.

"The economic slowdown is impacting investment in the oil industry and potash sales are slowing a little bit," said Louie. "We are projecting some moderation in terms of the economy and this will obviously have some impact on the housing market."

Housing by the numbers

According to a Canadian Mortgage and Housing Corporation study:

- Single-detached home starts in Saskatchewan are expected to increase 22.8 per cent to 5,100 units in 2012 — the highest level of production since the 1970s.
- Growth for single-detached home starts is expected to remain strong but moderate slightly to 4,700 units in 2013.
- In 2012 multiple starts, such as apartments and town houses, increased 42.4 per cent from 2011, making 2012 the highest level of production since 1982 for multiple starts.

A construction worker at an east-end housing development in Regina. Saskatchewan is expected to remain a hotspot for housing development through 2013. JEFF MACKEY/METRO

Skin-cancer rates problem in sunny Sask.

Dr. Roberta McKay inspects Saskatchewan Minister of Health Dustin Duncan for skin cancer with a device called a dermatoscope. ALYSSA MCDONALD/METRO

On Tuesday a group of Saskatchewan MLA's helped raise awareness of skin cancer, which affects Saskatchewanians at a higher rate than any other type of cancer.

"Skin cancer is the most common cancer in the population of Saskatchewan. One in three new cancers will be skin cancer," said Dr. Roberta McKay, a Regina dermatologist and the regional director for the Canadian Dermatology Association (CDA).

According to the most recent numbers from the CDA, of the 9,000 new cancers detected during 2009 in Saskatchewan, 3,100 were skin cancers.

"It's higher in Saskatchewan because we probably are the sunniest place in the country — even in winter. We don't have smog and we rarely have fog so we have sun exposure all year round," said McKay.

McKay added that 35 per cent of the total workforce works outside, which increases sun exposure and the risk of developing cancer.

Saskatchewan males have a higher incidence rate than females and should have their backs looked at often, since melanoma is commonly found there. If detected early, the cure rate for skin is approximately 90 per cent.

The CDA held a clinic at the Legislative Building Tuesday and 47 MLAs and staff got checked, including Saskatchewan Minister of Health Dustin Duncan.

ALYSSA MCDONALD/METRO

Types of skin cancer

- **Basal and squamous.** The most common form, usually found on chronically exposed skin like your face, neck and backs of hands.
- **Melanoma.** The most severe, usually found on the back of males and legs of females.

Gambling

RCMP to review online-gaming site launched by former Indian chief

The Saskatchewan government has asked the RCMP to investigate after a former First Nations chief set up an online gambling website.

Bernard Shepherd from the White Bear First Nation has launched a new gaming site at www.northernbearcasino.com.

Under the Criminal Code gambling must be authorized by a province.

Acting justice minister Don Morgan says Saskatchewan did not approve Shepherd's operation, which is hosted offshore and is not physically in Saskatchewan.

Shepherd says he's operating under the same treaty rights as when he opened the province's first Indian casino in 1993, in defiance of Saskatchewan gaming laws.

The RCMP shut it down, but eventually a deal was struck in which the province and First Nations share casino profits.

THE CANADIAN PRESS

Uranium

Sask. welcomes Canada-India nuclear deal

A new deal that will allow sales of Canadian uranium to India will be a big boost to financial coffers in Saskatchewan.

Premier Brad Wall says the deal sealed by Prime Minister Stephen Harper and his Indian counterpart is great news for the industry.

India has announced plans to build 12 new reactors by 2021, with India's demand for uranium yellowcake expected to triple to about $650 million in annual purchases. All of the Canadian uranium to be exported to India is produced in Saskatchewan.

THE CANADIAN PRESS

Indian government warns Harper of Sikh extremism

Urging vigilance.
Prime ministers talk terrorism during stop on six-day trade trip

Prime Minister Stephen Harper and Indian Prime Minister Manmohan Singh take part in a signing ceremony in New Delhi on Tuesday. Singh has warned Harper of the presence of Sikh extremism in Canada. SEAN KILPATRICK/THE CANADIAN PRESS

The Indian government issued a pointed and public warning to Prime Minister Stephen Harper to mind what they see as alarming evidence of Sikh extremism on Canadian soil.

Harper is usually the one to urge vigilance over extremism and terrorism as he travels the world meeting with his counterparts, but on Tuesday the shoe was on the other foot during a meeting in India's capital with India's minister of state for external affairs, Preneet Kaur.

"Prime minister, there was another area of great concern for us, which was the revival of anti-India rhetoric in Canada, and I am from the state of Punjab, which we are very happy you will be visiting," Kaur said during a morning meeting.

"We have, after very hard times, got a good situation of peace and progress back in Punjab and in India and we would like that to continue.... We do appreciate very much that you have been forthright and open about your stand on this."

Indian Prime Minister Manmohan Singh touched on the issue again during an evening ceremony.

"India and Canada are nations built on shared values that celebrate democracy, inclusiveness and diversity," said Singh. "We have similar concerns in combating terrorism, extremism and radicalism."

The issue of internal extremism has been one that has shaken India to the core over the past several decades — former prime minister Indira Gandhi was murdered by her own Sikh bodyguards after a string of events sparked by fundamentalists seeking their own separate, fundamentalist nation they would call Khalistan.

Canada too has been rocked by related terrorism. Police believe the bombing of a 1985 Air India flight that killed 331 people was orchestrated by Sikh extremists based in Canada. THE CANADIAN PRESS

RCMP. It Gets Better video aimed at gay youth

An emotional video by gay and lesbian RCMP officers and civilian employees has been released with a message to young people that life does get better.

The nine-minute It Gets Better video features 20 participants who tell their stories about when they realized they were gay and how their friends and family reacted, ranging from open acceptance to harsh bullying in school.

The video was the brainchild of the Surrey RCMP's youth unit and was filmed this past summer.

One officer recalls his mother crying when he told her he was leaving the priesthood because he was gay, while another recalls his family telling him it was "just a phase."

But the participants say eventually it did get better, and they speak about the acceptance they now experience among their families and at work.

THE CANADIAN PRESS

Researchers 'very happy' with HIV-AIDS vaccine

Dr. Chil-Yong Kang, right, confers with one of his research associates in his lab at Western University. Kang and his team are one step closer to eradicating HIV-AIDS after a successful completion of Phase 1 clinical trials. MARK SPOWART/FOR METRO

Dr. Chil-Yong Kang is one step closer to eradicating HIV-AIDS.

After a successful first trial of a preventative HIV-AIDS vaccine, researchers are predicting there could be a vaccine available in five years — provided phases 2 and 3 are successful.

"Today, I am very happy to announce there were no adverse affects observed during the preliminary Phase 1 clinical trials," Kang said at a Western University news conference Tuesday in London, Ont.

Developed by Kang and his team at Western, and supported by Sumagen Canada, the vaccine entered Phase 1 testing in the United States earlier this year. During this phase, the vaccine was administered to 24 HIV-AIDS-positive patients who were monitored for any side effects.

"These tests prove the safety and efficacy of the vaccine," said Dr. Dong Joon Kim, vice-chairman of Sumagen Canada.

MARK SPOWART/FOR METRO IN LONDON

Zoo escape

Gaza police catch rogue crocodile

It took an Internet search, shark nets and two weeks of floating in a sewage pond, but Gaza policemen said Tuesday that they have finally captured a crocodile that was terrifying residents.

The 1.75-metre crocodile fled his zoo enclosure two years ago and crawled about a kilometre to a large sewage pit.

THE ASSOCIATED PRESS

Fair punishment?

Sidewalk driver to wear idiot sign

Shena Hardin, 32, who was caught on camera driving on a sidewalk to avoid a Cleveland school bus that was unloading children, will have to stand at an intersection wearing a sign warning about idiots. She will have to wear a sign saying: "Only an idiot drives on the sidewalk to avoid a school bus."

THE ASSOCIATED PRESS

Dispute intervention

Supersonic skydiver's appeal rejected by court

An Austrian court has rejected an appeal by supersonic skydiver Felix Baumgartner against a conviction and fine for punching a truck driver. The case stems from a 2010 incident in Baumgartner's home city of Salzburg in which a motorist and a Greek truck driver got into an argument.

THE ASSOCIATED PRESS

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Outrage. Out-of-line comments about rape knock out candidates

JESSICA SMITH
jessica.smith@metronews.ca

Some controversial comments about rape didn't pay off for two Republican Senate candidates.

Both Missouri Republican Todd Akin and Indiana Republican Richard Mourdock failed in their Senate races on Tuesday.

Akin was considered a strong candidate until a controversial interview in August in which he said that women's bodies have ways of avoiding pregnancy in instances of "legitimate rape."

"The female body has ways to try to shut that whole thing down," Akin said at the time.

Democratic Sen. Claire McCaskill, who supports abortion rights, was re-elected.

After Akin's controversial comments, Republican leaders, including Mitt Romney, called on him to abandon the race, but he refused.

In Indiana, Democrat Joe Donnelly defeated Republican Richard Mourdock, who had slipped in the polls after saying during a debate that when a woman who is raped becomes pregnant it's what "God intended."

"I, too, certainly stand for life," Mourdock said in the October debate.

"I know that there are some who disagree, and I respect their point of view, but I believe that life begins at conception. The only exception I have to have an abortion is in that case of the life of the mother.

Richard Mourdock said pregnancy after rape is what God intended. THE ASSOCIATED PRESS

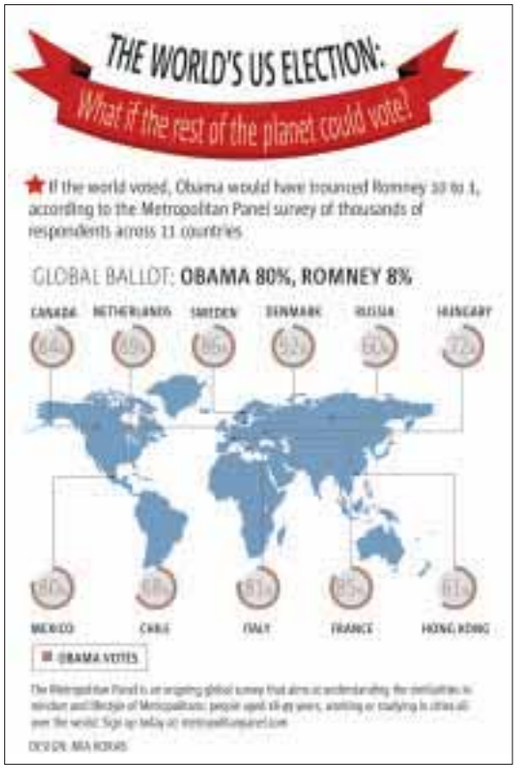
"I struggled with it myself for a long time but I came to realize that life is a gift from God, and I think that even when life begins in that horrible situation of rape that it is something God intended to happen."

The Indiana seat had been held for six six-year terms by Sen. Richard Lugar, whom Mourdock defeated in the primary. Donnelly's win handed it to the Democratic Party.

WITH FILES FROM THE ASSOCIATED PRESS

Exclusively online

Race for the White House: For the latest updates, online reaction and more, go to metronews.ca.



Victory in his sights? U.S. President Barack Obama calls out to his supporters on Tuesday morning. CAROLYN KASTER/THE ASSOCIATED PRESS

Obama does it!

Race for the White House. The lead switches agonisingly all night but U.S. president finally triumphs in historic election

Quoted

"I feel like we put it all on the field. We left nothing in the locker room. We fought to the very end."

Mitt Romney,
speaking to reporters on his plane as he flew to Boston on Tuesday.

He'll finish what he started.

President Barack Obama, who sought four more years to get the job done, won the White House in a gut-wrenching, intensely tight battle Tuesday night.

And it was the economy, stupid.

Voters across America chose him as the man who'll best fix the nation's troubled financial state and its high unemployment.

In one of the hardest-fought campaigns in recent history, challenger Mitt Romney, the 65-year-old former Massachusetts governor, battled until the bitter end,

The two rivals were close in the popular vote.

Romney had 45.2 million votes, or 49 per cent. Obama had 45 million, also 49 per cent, with 65 per cent of precincts tallied.

But Obama's laser-like focus on battleground states gave him the majority in the electoral vote, where it mattered most.

He had 284, or 14 more than needed for victory. Romney had 200.

All night the lead kept switching back and forth.

Obama won the reliably Democratic Northeast, and Romney secured his conservative base.

But the critical battlegrounds with the key to victory were unsettled late into the night — Virginia, Ohio and Florida among them — and, astonishingly, some voters were still waiting in long lines late Tuesday.

Romney also held an early electoral vote advantage, 159-147, with 270 needed for victory — although he lost his home state of Michigan as well as Massachusetts, where he served as governor.

The high turnout of African-American voters in Pennsylvania — reportedly even higher than it was in 2008 — was thought to have played a critical role in the president's victory there.

In Chicago, Obama's supporters were overjoyed even though he was yet to officially win the White House.

The president was on his way, along with his wife, Michelle, to address the crowd at his downtown headquarters in the Windy City.

THE ASSOCIATED PRESS

Glitches couldn't block democracy's path

It wasn't exactly mayhem, But sporadic problems were reported at polling places around the United States.

A confrontation broke out in Pennsylvania involving Republican inspectors over access to some polls.

Also in Pennsylvania, a voting machine lit up for Mitt Romney even when a voter pressed the button for President Barack Obama.

Video of what an official called a "momentary glitch" was widely viewed on YouTube.

One Florida elections office mistakenly told voters in robocalls that the election was on Wednesday.

In Philadelphia, a judge ordered a mural of Obama covered up after a Republican election worker snapped a picture of it at a school polling place.

There were reported problems with ballot scanners in the Ohio cities of Cleveland, Dayton and Toledo.

Polling places opened late in minority neighbourhoods in Galveston, Texas.

Voters in several storm-ravaged areas in New York and New Jersey expressed relief at being able to vote at all, considering the devastation from Superstorm Sandy.

"Nothing is more important than voting. What is the connection between voting and this?" said Alex Shamis, a resident of hard-hit Staten Island, pointing to his mud-filled home.

THE ASSOCIATED PRESS

Fear factor: Rookie investors shouldn't run from equities

Personal finance. This is the first of three columns on getting into the stock market

IN THE MARKET
Bryan Borzykowski
For Metro

Next in the series

- **In Metro Thursday:** How to size up your options when choosing stocks. Hint: Everybody's gotta eat.
- **In Metro Friday:** Should you go it alone or go to an adviser? Plus, some online tools for the DIY types.
- **Can't wait?** Check out the whole package online now, at metronews.ca/tag/investing.

For most of the last century, investing in the stock market has been a great way to make money. That's because share prices have mostly gone up.

Of course, someone who lost their retirement savings during the recession doesn't want to hear that. While the markets have mostly recovered since the economic crisis, many people still want nothing to do with equities.

These days, most people are keeping their money in bonds, high-interest savings accounts or under a mattress, which is precisely where you don't want your cash to be. Investments must grow faster than inflation or you end up losing money. Right now, inflation is around two per cent, while a 10-year Government of Canada bond is paying 1.8 per cent. You get nothing for storing your money on a shelf at home.

Despite what you saw in the crisis, the stock market isn't a scary place. There are plenty of low-risk places for conservative investors to stash some dough, such as in brand name, dividend-paying stocks. While it's true that equities will always be riskier than bonds, in today's low-interest rate environment, barely paying fixed-income has become risky too.

The beauty of the stock market is that anyone can buy in, even if you only have $20 a month to save. Banks will take just about anyone at any income level; some larger firms require a $500,000 investment or more before they'll take a client on. While you can get access to different investment options — such as real estate or hedge funds — if you have more money, the point is that you don't need to be rich to invest.

You also don't need to know much about the markets. Investing newbies can purchase mutual funds — securities that hold a basket of stocks — through an adviser. Savvier investors may buy stocks online. The earlier you start the better, though. The longer your funds are left to grow the more money you'll make.

The only people who should stay away from the markets are those who can't stomach any risk at all. Even the most conservative equity investor will see their portfolios fall from time to time. If you can't fathom seeing a negative number, then maybe the mattress is right for you.

As history has proven time and again, though, markets do rise. It may take a while before the volatility we're experiencing today dies down, but it will. Either get in now, when stocks are cheap, or hope that wad of cash you're hoarding somehow finds a way to reproduce.

Bryan Borzykowski is a Toronto-based financial writer and the author of Building Wealth All-in-One for Canadians for Dummies. Contact him at bryanborzykowski.com or follow him on Twitter @bborzyko.

Market Minute

DOLLAR 100.83¢ (+0.5¢)

TSX 12,361.20 (+8.42)

OIL $88.71 US (+$3.06)

GOLD $1,715 US (+$31.80)

Natural gas: $3.61 US (+6¢)
Dow Jones: 13,245.68 (+133.24)

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FACT: NICE GUYS FINISH FIRST

JUST SAYIN'
Paul Sullivan
metronews.ca

There's hope for me yet.

Not just me, but millions of Guys.

Guys: You know who you are. You are impervious to all the recent trends toward humanization. Sensitive New Age Guy? Metrosexual? Fuggedaboutit. Emotions are like kryptonite or cockroaches. They need to be removed from the room to make it safe for football, video games, hot wings and the other essentials of Guy life.

Well, turns out that getting in touch with our feelings is not only trendy, it's also good for us.

Huh? (The universally recognized Guy response to any complex thought.)

A Harvard study that's been going on since 1938 has found that relationships (eeyeww), not genes or birth order or political affiliation, are the best indicator of how well men will do throughout their lives. The Grant Study, as it's known (who heads up Grant's study?) has followed 268 Harvard students through their entire lives.

Emotional long haul

Here's the bottom line, Guys. Of those participants who have the capacity for intimate relationships, one third are still alive. Of those who don't? Four miserable SOBs.

Here's the bottom line, Guys. Of those participants who have the capacity for intimate relationships, one third are still alive. Of those who don't? Four miserable SOBs.

Around our place, it's generally assumed I'll be the last crotchety old coot standing while my dutiful offspring are drawing straws to see who gets to put up with me after the authorities have washed their hands. But if this Grant Study is any indication, they'll have nothing to worry about. I'll die young (well, youngish), the tragic victim of emotional constipation. Like the end of a Clint Eastwood movie.

But wait! It doesn't have to be that way. The researchers have documented what should be called the Ebenezer Scrooge Effect. Somewhere along the line, a few lucky Guys discover their emotions and become interesting.

The New York Times' story on the study features a Guy who worked night shifts to put himself through school, then biked to class first thing in the morning. He probably had to plow his way through seven-foot snowdrifts, too, like the rest of us Guys. By the time he was 40, he was a burnout: "Mediocre and without imagination." Then, in his old age, he went back to his first love, theatre, got married at 78, and, by the time he was 86, got down to a single medication: Viagra. He died at 96 from having too much fun.

The title of the research is called Triumphs of Experience.

What doesn't kill you can make you glad to be here. And ready for someone who wants to share your secret and doesn't care if you start to cry during the part where Clint finally sees the light. Just before he takes the bullet meant for …

Clint Eastwood arrives at the Trouble with the Curve premiere in September. It's a film about an aging baseball scout who takes his daughter on one last recruiting trip. So there's still hope for all you Guys. GETTY IMAGES

VIP rhinos get their own bodyguards

ANN AND STEVE TOON/SOLENT NEWS

Sought-after horns

Protection from poachers

Rhinos Najin and Suni are pictured grazing under 24-hour protection as part of a conservation program in Kenya.

The northern white rhino species is extinct in the wild, with just seven remaining under protection due to poaching gangs. Rhino horns are in high demand because of the mistaken belief that they cure fevers and other illnesses. METRO

Rhino ambassadors

"It's impossible to say what proportion of poached rhinos is left alive and wounded."

Ann and Steve Toon, wildlife photographers and Save the Rhino activists
The British couple took the picture above on a tour of rhino-conservation projects in Africa, while also documenting the slaughter of the animals.

Also killed for parts:

- **Sumatran tiger.** Famous striped fur coats are an expensive commodity and just 400 of the species remain, following the extinction of Javan and Balinese relatives.
- **Northern right whale.** Just a few hundred of these giants of the Atlantic have survived hunters seeking their oil. Their name comes from being the easiest whale to catch.

White gold

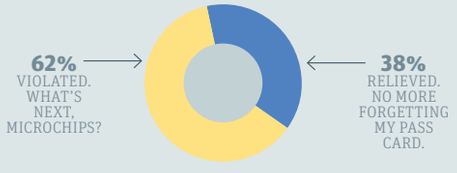
$133

The estimated price in U.S. dollars of a gram of powdered rhino horn — making it more valuable than gold or cocaine. This reflects a massive growth in demand — in 1980, a kilogram would sell for around $500 US.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How would you feel if your employer tracked you via fingerprints?



Twitter

@WaywardReporter: Started thinking about creating a parody twitter account then realized I'm pretty much there.

@mcbowden: If there were any justice in the universe, there would be a CFL team called the Saskatoon Sasquatches of Saskatchewan.

@Blake_202: #ImSickOf saskatoon not having anything to do on a monday night :(

@itsnotdayna: O good, it's spring! Winter must have missed us… #yxe

@ChelseyGruza: Definitely another #rubberboots kind of day in #yxe #hellosunshine

@TyWeiland: I just learned that red wine helps kill E. coli & salmonella by scrambling their DNA. (according to an Oregon State study.)

metro

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Daniel Day-Lewis' portrayal of Abraham Lincoln has him as an early Oscar favourite this year. DAVID JAMES/THE ASSOCIATED PRESS

Day-Lewis filling big shoes in character and competition

IN FOCUS
Richard Crouse
scene@metronews.ca

Mark S. Reinhart, author of Abraham Lincoln on Screen, claims the 16th President of the United States, "is the most frequently portrayed American historical figure in the history of the film and television arts."

Portrayed more than 300 times on film and TV, Honest Abe has done everything from pardon a sentry who fell asleep on duty in the 1908 short film The Reprieve: An Episode in the Life of Abraham Lincoln, to getting revenge on his assassin in Police Squad to teaming up with Star Trek's Captain Kirk to explain the concepts of good and evil to the aliens of Excalbia. In this weekend's Lincoln, starring Daniel Day-Lewis, the president oversees the passing of the 13th Amendment, guaranteeing freedom for the country's slaves and ending the Civil War. Day-Lewis is a lock for an Oscar nomination, and a favorite to win, but his portrayal stands in the shadow of two movie legends.

Henry Fonda played the title character in Young Mr. Lincoln, a melodramatic and inaccurate chronicle of Abe's formative years.

Wearing specially made boots that made him appear taller, Fonda was honoured to play the president.

"I felt as if I were portraying Christ himself on film," he said.

Canadian-born Raymond Massey played Lincoln multiple times on stage and film.

He was so attached to the character a colleague joked that Massey wouldn't be satisfied with his Lincoln impression until someone assassinated him. For a certain generation, however, Lincoln might be best remembered for a speech that began with, "Fourscore and seven minutes ago…" and ended with, "Party on, dudes!"

But Bill & Ted's Excellent Adventure isn't the only movie to take a light-hearted look at the Great Emancipator.

In Coneheads, Dan Aykroyd's character uses Abe's famous stovepipe top hat to cover his oblong head.

One of Brendan Fraser's seven wishes in Bedazzled is to be president.

But he soon learns to be careful what he wishes for when he is zapped back into history as Lincoln himself as he watches a play at Ford's Theatre. Abe also gets a laugh in Night at the Museum: Battle of the Smithsonian when the Lincoln Memorial comes to life.

Perhaps the strangest portrayal came earlier this year. Abraham Lincoln: Vampire Hunter is exactly as advertised, leading one critic to call it, "a funny, scary, and cheerworthy adventure that somehow manages to make the 16th President of the United States a bad-ass action hero."

Movie Review

Best Bond in years

Skyfall

Actors. Daniel Craig, Javier Bardem, Judy Dench

Galaxy Cinemas Saskatoon
347 2nd Ave. South,
306-664-5060

Skyfall (PG) No Passes Wed 12:07
No Passes Thu 7:15-10:30

When a terrorist hacker leads a deadly cyber attack on MI6 headquarters, 007 (Daniel Craig) springs into action at the request of his boss and mentor M (Judy Dench). His investigation leads him to Raoul Silva (Javier Bardem), a psychotic criminal interested in revenge.

Skyfall is the most thematically mature Bond movie yet, paying homage to the past, while redefining the future of the franchise. It's also the most purely entertaining Bond in ages, with a bad guy for a new generation and a heady mix of action and intellect that will leave you shaken and stirred.

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Wednesday, Nov 7
8 pm
JAMES KEELEGHAN TRIO (Winnipeg)

Juno award-winning Canadian folk singer songwriter James Keeleghan is known for his lilting baritone voice, driving rhythm guitar, and keen sense of scene and narrative. Many of his songs are inspired by events and figures in Canadian history.
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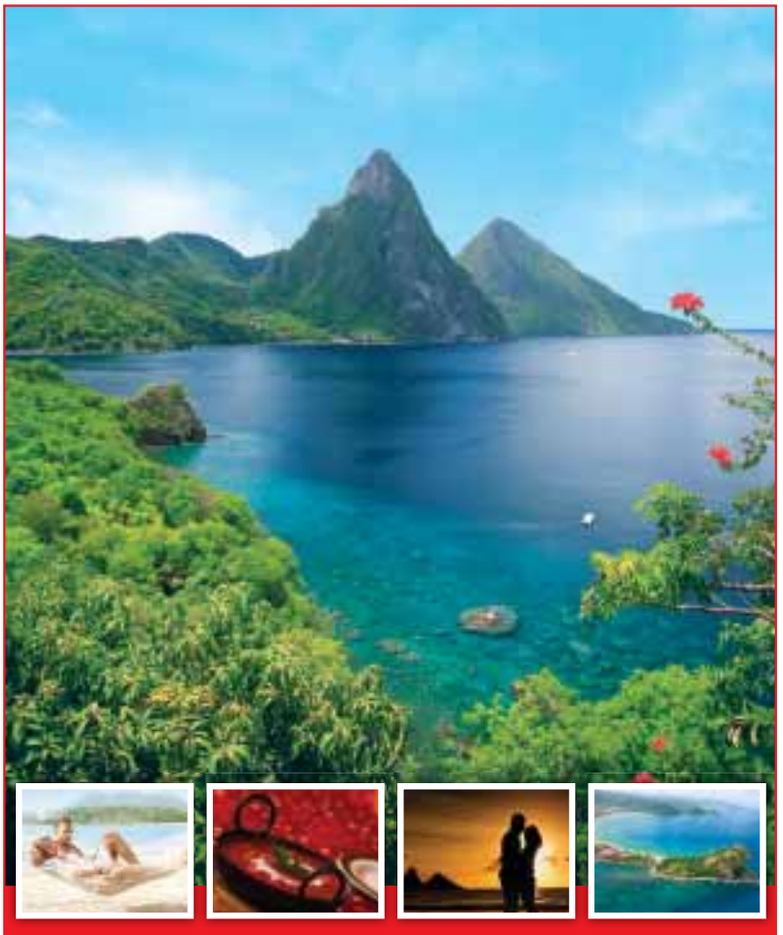
Thursday, Nov 8
8 pm
ROSE COUSINS (Boston/Halifax)

Supported by a thriving Halifax music scene and welcomed by an equally vibrant Boston community, Rose Cousins' new album We Have Made A Spark was made in the spirit of community and collaboration. When she sings you get the impression Rose is singing for you, about your life. $12/16 GC Sponsored by CFCR

PIANO FRIDAYS 4:30-7:30pm, No Cover Charge
Friday, Nov 9 @ 9pm Rock & Blues Series: THE VEXATIONS with UNDERCOVER PIRATES $15/20
Saturday, Nov 10 @ 9pm Piano Series: CHRIS DONNELLY and MYRIAD (Toronto) $15/20



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

I'm voting for:

THE WORD
Dorothy Robinson
scene@metronews.ca

In honour of the U.S. presidential election, The Word decided to cast a vote for their favourite celebrity causes.

I vote:

… for **Amanda Bynes** to report to rehab, directly to rehab, do not pass go, do not collect $200.

… for **Johnny Depp** to buy some eye makeup remover.

… for **Britney Spears** to keep on hiring whomever she's employing to make her seem sane. They are doing a pretty bang-up job.

… for **Beyoncé and Jay-Z** to keep breeding.

… for **Ashton Kutcher** to stop following in the footsteps of Charlie Sheen.

... for more **Michael Fassbender** — with or without pants on. Where did that guy get to?

… for **Christina Aguilera** to not feel pressure to go crazy on the elliptical. You look good just the way you are, girl.

...for **Matthew McConaughey's** ongoing research into ways to reveal his chest on camera.

… for **Ryan Reynolds** to join Matrimonials Anonymous and admit he really just likes taking part in weddings.

… for **Nicole Kidman** to burn this dress immediately

Lindsay Lohan

Lohan could go to jail ... again

One of Lindsay Lohan's recent run-ins with the law is coming back to haunt her — and it could mean jail time.

The troubled actress was involved in a car accident over the summer, and at the time she told the police she had been a passenger in the car and not the driver despite witness accounts to the contrary. Now, the Santa Monica City Attorney is reportedly planning to file the case as a misdemeanor this week, according to TMZ.

And as Lohan is still on probation, a charge of lying to police is enough to send Lohan back to jail, though it likely won't be for very long.

Jack Nicholson

Nicholson: I'm no sex machine

Jack Nicholson isn't a fan of his reputation as a Hollywood Lothario.

"I am an extreme person. If someone says, 'Jack, you are a womanizer,' I don't deny it. But the life of a gigolo always ends badly," the 75-year-old Oscar-winner tells the Sun. "That is one of the reasons I feel uncomfortable about all that 'sex legend' stuff." Nicholson also says that reports of his conquests — he's rumored to have bedded more than 2,000 women — are greatly exaggerated.

5 Breaks from Christmas

With the Halloween candy barely eaten and Christmas carols already playing in the mall, you might be thinking of skipping out on the holiday stress. Here are a few ideas for destinations that are mercifully Christmas-free.

EMMA E. FORREST
Metro World News

1 Visit the Muslim Marrakesh, Morocco

Why? This atmospheric, iconic Moroccan city with its pink ramparts feels pretty festive all year round, and Christmas is a non-event here because Morocco is mainly a Muslim country.

How? By day, lose yourself in the warren of the maze-like medina old town, haggle over carpets in the sprawling souk, then unwind in a roasting hammam. By night, tuck into street food for supper from the steaming stalls that are set up every night in the central square, Jemaa el-Fnaa, enjoy a tasting menu in a chic hotel or hang out in one of the glossy nightclubs and cocktail bars in the new town. Head to the souk for leather pouffes, spices and traditional pointed slippers in soft leather in Africa's largest indoor market. visitmorocco.com

2 Health boot camp in Thailand

Why? Instead of piling on the pounds at a family feast, lose them at a Thai detox spa instead.

How? Thailand is a mainly Buddhist country, so you won't see Santa everywhere here, and besides, you'll find it hard to care during your cleanse. On the detox retreat at Samui Spa on the idyllic island of Koh Samui, you'll enjoy daily yoga, too.

3 Change the date for Christmas in Moscow, Russia

Why? The Russian Orthodox Christmas isn't until Jan. 7, so you get two whole weeks in which to give Christmas craziness the slip.

How? If you like your winters white and your cities atmospheric, then Moscow is a top choice. You can skip Christmas here, but you do get the mother of all parties for New Years — when you can see 2013 by fuelling yourself with local vodka and joining the locals as they gather in Red Square to hear the Kremlin's bells peal.

4 Take a silent retreat at Mount Koya, Japan

Why? Tokyo may be lit up like a Christmas tree at this time of year and heaving with shoppers, but you can also go for a deeper and less superficial experience at Mount Koya, Japan.

How? Stay at the ninth century monastery at the top of Mount Koya, two hours from Osaka, and you can trade commercialism for spiritualism. Fifty-three of the 120 temples here in this exquisite woodland wilderness host guests in traditional shukubo lodgings with rice-paper sliding doors, tatami mats and futons; some with private gardens complete with bonsai trees. You'll eat traditional Buddhist vegetarian food and can experience zazen, a type of meditation practiced by the monks here. shukubo.jp/eng

5 Escape to a paradise island, Vietnam

Why? If you're looking to escape the crowds, cold weather and commercialism, escape to the tropical paradise island of Phu Quoc in the Gulf of Thailand.

How? Vietnam's largest island, Phu Quoc, is an undiscovered gem. It's also home to Vietnam's finest fish sauce and an exceptional place to eat fresh seafood. Hole up at luxurious but laidback Chen Sea Resort and Spa on the island's idyllic west coast. Learn how to cook the perfect prawn with their Iron Chef-contestant head chef, who will take you to buy ingredients at the buzzing local market first. centarahotels-resorts.com

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01-30 Mar 2013

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European free wheelin' — from the seat of a bicycle

Trend. Cycling has become the hip new way to travel in some of the most congested cities on the continent

Bike sharing programs have sprung up from Paris to Barcelona. PHOTOS: THE ASSOCIATED PRESS

Cycling through the heart of some European cities can be a terrifying experience as you jostle for space with cars, trucks and scooters that whizz by with only inches to spare.

Thankfully for bicycle enthusiasts, a movement is afoot to create more room for cycling in the urban infrastructure.

From London's "cycle superhighways" to popular bike-sharing programs in Paris and Barcelona, growing numbers of European cities are embracing cycling as a safe, clean, healthy, inexpensive and even trendy way to get around town.

The trend is also catching on outside of Europe, says John Pucher, a professor of urban planning at Rutgers University in New Jersey and co-author of a new book titled City Cycling. Pucher says urban cycling is on the rise across the industrialized world, though Europe is still ahead of the pack.

"Americans make only one per cent of their trips by bike compared to 26 per cent in the Netherlands, 18 per cent in Denmark, and eight to 10 per cent in Belgium, Germany, Sweden and Finland," Pucher said, citing official statistics.

But you don't need statistics to realize that cycling is in vogue. Here are two ways the bicycle renaissance has hit the streets of Europe:

Cycle superhighways

They're not anything as spectacular as multiple-lane expressways for cyclists, but city planners believe they're central to the bicycle revolution: They combine bike paths with bike lanes on regular streets to give pedaling commuters a smooth ride from the suburbs to the city centre.

London opened four "cycle superhighways" in 2010, which basically amount to a blue lane for cyclists on the edge of city streets. Copenhagen's approach is more ambitious, seeking to keep bicycles and motor vehicles physically separated as much as possible. The Danish capital plans 26 such routes — the first of which opened this year — building on bicycle-friendly features that have been in place for years.

Stop lights are adjusted to the rhythm of bicycles, not cars. Intersections have foot rests and hand rails so that cyclists don't need to put their foot down when they stop. The route is lined with air pump stations and trash cans that are tilted for easy access from the saddle.

"A cycle highway is where cyclists get highest priority, with few obstacles and as few stops as possible," said Marie Kaastrup, a Copenhagen city official in charge of bicycle programs.

Bike sharing

Bike sharing or city bike services that offer bicycles for short trips in the downtown area have come a long way since the first large-scale program started in Copenhagen in 1995. That concept was simple: Deposit a coin to release a bicycle from any of a number of bike racks across the city — like unlocking a shopping cart at the supermarket — and get your coin back when you return the bike (not necessarily to the same rack).

Less than two decades later, scores of bike-sharing programs have been launched in Europe and beyond. The most recent ones are high-tech, with customers using smart cards or even mobile phones to unlock bikes from docking stations.

THE ASSOCIATED PRESS

What better way to see a city than from a bicycle?

Central Station in Amsterdam is a sea of bicycles parked by commuters.

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CO-OP TRAVEL

Autumn flavours get baked up in Cardamom Cranberry Pear Crisp

Ground cardamom gives this simple fall-friendly crisp a sweet-spicy flavour that you will smell as much as taste. Don't worry too much about which type of oats to use in a recipe such as this. Though old fashioned rolled oats are the best, feel free to use the "quick" variety if that's what you happen to have. The differences won't be tremendous.

1. Heat the oven to 400 F. Coat a 9-by-9-inch pan with cooking spray.

2. To make the topping, in a medium bowl use an electric mixer to beat together the butter and brown sugar until creamy. Add the flour, oats, cinnamon and salt. Stir together until the mixture just forms moistened crumbs and small clumps. Set aside.

3. To make the filling, in a medium bowl, toss together the pears, cranberries, brown sugar, cardamom, salt and cornstarch.

4. Spread the mixture evenly into the prepared pan. Sprinkle the topping evenly over the filling. Bake for about 1 hour, or until the pears are tender and bubbling and the topping is well browned.

THE ASSOCIATED PRESS

Ingredients

Topping
- 1/2 cup (1 stick) butter, room temperature
- 1/2 cup packed brown sugar
- 3/4 cup all-purpose flour
- 3/4 cup oats (see above)
- 1/2 tsp cinnamon
- 1/4 tsp salt

Filling
- 8 pears, peeled, cored and sliced
- 8-oz package frozen or fresh cranberries
- 1/2 cup packed brown sugar
- 1/2 tsp ground cardamom
- 1/4 tsp salt
- 2 tsp cornstarch

Cardamom Cranberry Pear Crisp

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Drink of the Week

Deep Purple

Not only is it delicious, Deep Purple also looks amazing served up with pebble ice. It's great for a fall dinner party.

- 1.75 oz Tesseron Lot 76 XO Cognac
- 1 oz Noval Black Port
- .75 oz Lillet Rouge
- 6 concord grapes
- 1 shiso leaf

Muddle the concord grapes and shiso. Add the rest of the ingredients and ice. Shake and strain into a chilled rocks glass filled with pebble ice. Garnish with a shiso leaf. METRO WORLD NEWS/ JIM MEEHAN AND KAREN FU OF PDT IN NEW YORK

Caramel Apple Pie. A modern take on tradition

1. In a large, deep skillet over medium-high heat, toss the apple slices with the vinegar. Cook until the apples are tender, about 10 minutes.

2. Transfer the apples and any juices in the pan to a large bowl. Set aside.

3. Return the skillet to the heat. Add the caramel candies, half-and-half, apple pie spice and salt. Heat, stirring constantly, until melted and smooth.

4. Pour the caramel mixture over the apples and stir until well coated. Spoon the apple-caramel mixture into the graham cracker crust.

5. Sprinkle the top with the cookies, peanuts and chocolate chips. Serve immediately.

THE ASSOCIATED PRESS

Ingredients
- 6 baking apples (such as Fuji or Gala), peeled, cored, sliced
- 1 tbsp cider vinegar
- 14-oz package caramel candies, unwrapped
- 1/2 cup half-and-half
- 1 tsp apple pie spice
- Pinch salt
- 9-inch prepared graham cracker crust
- 1/2 cup crumbled shortbread cookies
- 1/4 cup chopped toasted peanuts
- 1/4 cup mini chocolate chips

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There are serious superpowers to gain from your side job

Earn points for part-time. Make the most of what might seem like a pointless pursuit

MICHELLE CIRCOSTA
TalentEgg.ca

Turn 'can I take your order' into an excellent introduction to the working world. ISTOCK

One of the biggest challenges students must face is balancing time between short-term and long-term goals.

Many choose to maintain part-time jobs while enrolled in full-time university or college programs. Sometimes that part-time job may not directly align with your long-term career aspirations and often the two are entirely unrelated. It's all a matter of circumstance or preference.

Whatever the reason, rest assured that it is possible to leverage your part-time job in the pursuit of your long sought after goals for the future. The question is how can you get the greatest return out of what may often feel like a seemingly aimless time investment?

Make it relevant

Think about the position you want after graduation. How can the skills you are developing and perfecting help improve your knowledge repertoire?

Take, for example, a part-time retail position in sales. The list of valuable skills is endless: Meeting sales goals, sustaining relationships with customers, training new hires — all of which can translate to a wealth of other positions. But even if your interests do not lie in the corporate world, be innovative, think of ways you can make your part-time position applicable to those goals.

Frame your experience

You are the storyteller and it's up to you to get the person on the other end of the interaction to hear exactly what you want them to know. It's that simple.

Part-time work experience, in whatever field, helps not only to develop valuable skills, but also builds character and demonstrates integrity. According to Amir Khan, client and student advisor at York University's Schulich School of Business, recruiters are interested in the technical skills of a candidate, but they also place emphasis on your soft skills when considering your application.

Going the extra mile can get you noticed

Let's take a look at someone who took full advantage of the opportunities made available to him by his part-time job. Anthony Saracino was a full-time student enrolled in the fashion communications program at Ryerson University and he graduated with a Bachelor of Design. Saracino worked part-time at Guess as a sales representative while he was in school — a familiar scenario for many students.

The difference with Saracino is that he never lost sight of his long-term goals and was fueled by his passion for the fashion industry. Naturally, this led him to go beyond the stipulations of his job description.

He began putting together the window displays for the Guess location where he worked. His displays were so eye-catching that when Marciano himself was performing store visits, he noticed the displays — and Saracino — and flew him out to work in Los Angeles.

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4 SPORTS

Hockey

Hefford hits 150 in Canada's Four Nations opener

Jayna Hefford had two goals to reach a scoring milestone and Shannon Szabados made 20 saves as Canada opened the Four Nations Cup with a 6-0 victory over host Finland on Tuesday.

Jennifer Wakefield, Rebecca Johnston, Hayley Wickenheiser and Meghan Agosta-Marciano also scored for Canada. Hefford's second goal was the 150th of her national team career.

THE CANADIAN PRESS

MLB

Union concludes Cabrera's agents unaware of Internet scheme

The baseball players' union concluded Melky Cabrera's agents didn't know about a scheme to create a phoney website in a defence of his positive drug test but said they failed to properly manage the employees of the firm who tried to carry out the scheme.

Brothers Sam and Seth Levinson, the heads of ACES Inc., were probed by the Major League Baseball Players Association after MLB's investigations department discovered the attempt to concoct evidence. Cabrera, the all-star game MVP, was suspended 50 games in August after testing positive for testosterone.

THE ASSOCIATED PRESS

San Francisco Giants slugger Melky Cabrera. GETTY IMAGES FILE

Federer begins season-ending event in dominant fashion

Roger Federer of Switzerland plays a return to Janko Tipsarevic of Serbia during their singles tennis match at the ATP World Tour Finals on Tuesday in London, England. Federer opened his quest for a seventh season-ending tour title looking like the man to beat — again. The 17-time Grand Slam champion won his record 40th match at the tournament, defeating Tipsarevic 6-3, 6-1 in his opening Group B match. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Fehr optimistic as negotiations resume

Back to the table. League, players attempt to bridge gap in New York on lockout's 52nd day

The NHL and NHL Players' Association didn't just return to the bargaining table on Tuesday. They stayed there for a good long time.

Talks restarted at an undisclosed location midway through the afternoon and ended more than seven hours later, according to sources.

It was a potentially encouraging sign with the negotiations at a critical juncture and the sides expected to hold another session on Wednesday. The NHL requested that the meetings be held in a private setting because it thought it increased the odds that progress could be made.

Donald Fehr, the NHLPA's executive director, met reporters about 90 minutes before talks resumed and expressed a desire to see the parties start closing in on an agreement.

The sides hadn't held a formal meeting since Oct. 18 in Toronto, when the NHL took about 10 minutes to dismiss three proposals put forward by the union.

Pittsburgh Penguins captain Sidney Crosby was among the players who attended that meeting and he also flew to New York on Tuesday after making a "last-minute" decision to sit in on this one.

The biggest issue the sides have to bridge a gap on is the mechanism that would see all existing contracts honoured in full, even after the players' overall share in revenue is reduced to 50 per cent from its current position of 57 per cent. A "make whole" provision in the NHL's Oct. 16 offer attempted to do that, but the NHLPA didn't like that deferred payments would count against the earning potential of future players.

THE CANADIAN PRESS

Quoted

"We're hopeful that we'll start bargaining and we'll continue bargaining until we find a way to make a deal."

NHLPA executive director Donald Fehr ahead of Tuesday's negotiations

Baseball. Japan's Darvish pulls out of 2013 WBC

Yu Darvish decided that he won't pitch for his native Japan in the World Baseball Classic next spring, and will instead focus on preparing for his second season in the major leagues.

The Texas Rangers right-hander issued a statement Tuesday, saying he made the decision after much deliberation, including consultation with his coaches and trainers.

Darvish pitched for Japan in the 2008 Beijing Olympics, then helped his home country win its second straight WBC title in 2009. THE ASSOCIATED PRESS

Texas Rangers right-hander Yu Darvish. GETTY IMAGES FILE

Cycling

Former Armstrong teammate admits to using EPO

South African cyclist David George, a former teammate of Lance Armstrong, admitted to using the blood-boosting drug EPO on Tuesday.

The former U.S. Postal Service rider failed an out-of-competition doping test on Aug. 29, the South African Institute for Drug-Free Sport said, and was provisionally suspended by Cycling South Africa ahead of an independent tribunal. He now faces a two-year ban. THE ASSOCIATED PRESS

Soccer. Longtime coach Fonseca named CSA's technical director

The Canadian Soccer Association has named Tony Fonseca its new technical director.

Fonseca is a longtime staff coach for the association. He has coached Canada's under-20 and under-23 clubs, and most recently has been an assistant coach with the senior squad. The post of technical director has been vacant since Stephen Hart left it to take over as national team coach. He stepped down as coach last month.

The CSA says Fonseca will be responsible for the overall management and direction of the technical growth and development of soccer in Canada.

THE CANADIAN PRESS

Quoted

"This position will give me an opportunity to give back to the country that has welcomed me and my family with open arms."

Tony Fonseca, a former Portuguese international soccer player

DRIVE 5

This beauty will take you to Infiniti and beyond ...

Second Gear.
2003 to 2008 Infiniti FX

The Infiniti FX was easy to spot on the road, thanks to its distinctive sound, stand-out looks and athletic stance. One commercial called the FX a "sport sedan with a backpack." A sporty premium crossover model from Nissan's premium division, the first-generation of this machine hit the market for 2003 and became a popular contender in its segment.
Feature content was the norm for the segment—and used shoppers can look for 20-inch wheels, memory seating, navigation, Bluetooth, premium Bose audio, rain-sensing wipers and plenty more.

PHOTO: WHEELBASE MEDIA

Common issues

Some owners have reported electrical grounding issues as the FX ages. These can cause problems ranging from cooked ignition coil packs (which will result in a misfire) to damaged Engine Control Units (ECU)'s. Be sure the FX you're considering isn't exhibiting any signs of bad electrical grounds, and check that all electronics work properly, and that the engine and transmission work smoothly. An Infiniti mechanic can give the sensor network and electrical system in the FX you're considering a check, just to be safe. Check the seats for signs of excessive wear, inspecting the leather where it's stitched together. Inspect the dashboard for signs of cracking as well. Ensure proper operation of all motorized seat functions, as well as the fuel gauge.

Engine

Look for six or eight-cylinder engines with about 280 or 320 horsepower, respectively. Automatic transmissions and all-wheel drive were fitted to all models and both engines drink premium gas.

What owners like

Head-turning style, originality, impressive features, a refined driveline and overall performance and handling are all highly rated by FX owners. The confidence delivered by its AWD system in winter driving is also appreciated.

What owners dislike

Common complaints include expensive fuel bills, expensive winter tires, limited at-hand storage on board and limited trunk space.

Verdict

The V6-powered FX35 should be the least-expensive to fuel and insure. A clean bill of health from an Infiniti mechanic on the electrical system should precede ownership of a reliable crossover celebrated for its uniqueness and performance.

The importance of not being idle

Idling your vehicle affects the environment and your wallet. Here are a few facts you should know.

Cold starts vs. idling
You may believe that you're doing the best for your vehicle by allowing it to "warm up" in the cold weather with a few minutes of idling. In fact, more than just the engine needs to be warmed up and this can only happen if the vehicle is moving. For an average vehicle, it takes about five kilometres of driving to warm up the engine as well as the wheel bearings, steering, suspension, transmission and tires.

Shutting the engine down
One of the false arguments made to justify idling is that it costs money to shut the engine down. That is a complete misnomer. Ten seconds of idling consumes the same amount of fuel as starting the engine after shutting it down. As for the wear and tear factor on the battery and starter, it adds up to about $10 per year, compared to saving an average of 66-litres of gasoline a year by simply reducing idle time from five minutes to 30 seconds.

Idling and engine wear
Prolonged idling is also one of the worst things the owner can do to an engine. Aside from being a complete waste of fuel (you are traveling zero kilometres for the fuel consumed), excessive idling can contaminate the engine oil, which will lead to premature, and very costly, engine wear down the road.

Keeping the tank topped-up
The practice of idling with a low fuel level not only stirs up any dirt in the tank, but it also promotes the build-up of condensation in the tank, especially in colder temperatures. Keeping the tank topped up minimizes both risks. "With 20% more cleaning agents than before, Shell Nitrogen Enriched Gasolines protect intake valves and fuel injectors from performance-robbing gunk while you drive. NEWS CANADA

Remember the saying "the devil finds work for idle hands," while leaving your vehicle idle doesn't do it any good either. NEWS CANADA

Horoscopes

♈ Aries
March 21 - April 20
You may want to give up on something that does not seem to be working out, but don't be too hasty. A few days from now, you will get an idea as to how you can further develop it. Stick with it.

♉ Taurus
April 21 - May 21
Something seems to be holding you back from fully expressing yourself. Whatever that something is, you need to identify it and deal with it because your voice is going to be needed towards the end of the week.

♊ Gemini
May 22 - June 21
The more others try to tell you there is nothing to worry about, the more the alarm bells in your head start to ring. Are you being overly dramatic? No you are not. Be on your guard over the next 24 hours.

♋ Cancer
June 22 - July 23
You may find this hard to believe but what happens today will sweep away your fears and before you know it, the world will be a brighter, happier place — for you at least. This is still very much your time of year.

♌ Leo
July 24 - Aug. 23
By all means, listen to what other people try to tell you today. But when it comes to acting on what they say, you must be cautious. There is a small but worrying possibility that you are being lied to.

♍ Virgo
Aug. 24 - Sept. 23
There is no point giving into feelings of self-pity because they won't get you anywhere. A positive mental attitude is a must today, and for the rest of the week. You won't get much done without it.

♎ Libra
Sept. 24 - Oct. 23
It may now be apparent that someone who acts like a friend is in fact plotting against you but there is no need to get excited about it. What have they so far achieved? Nothing. And that's how it will stay.

♏ Scorpio
Oct. 24 - Nov. 22
It is too late to change the outcome of a certain situation, and the sooner you realize that, the better. Don't waste time and energy trying to reverse what has already happened. Unless you own a time machine, it won't work.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be able to see where a friend or family member is going wrong but it's unlikely they will be happy if you point it out to them. Do so anyway, so your conscience is clear. After that, it's up to them.

♑ Capricorn
Dec. 22 - Jan. 20
You may have to make some kind of sacrifice today but if you do so willingly, it is guaranteed that you will gain in other ways before the end of the week. Don't forget: A good heart is also good business.

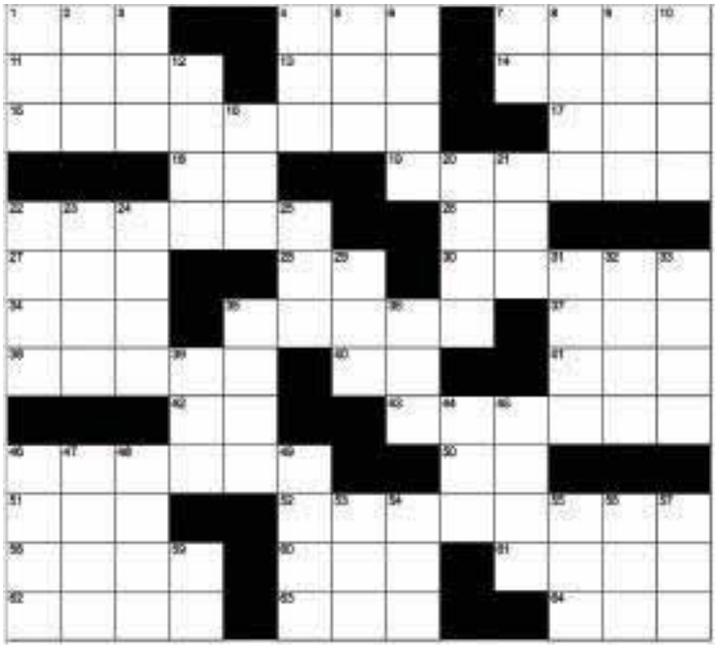
♒ Aquarius
Jan. 21 - Feb. 19
It may seem as if nothing is going right but don't let it get to you. Take each moment as it comes and focus on one task at a time. You'll get at least one good thing done by the end of the day.

♓ Pisces
Feb. 20 - March 20
You would no doubt admit that you have gone along with other people's suggestions a bit too much in recent weeks. Now you must resolve only to do what feels right to you. It's your life after all.

SALLY BROMPTON

Canadian Crossword

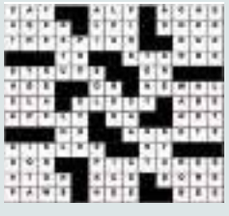
BY BETTY MARTIN



Across
1. Children's character: Sponge —
4. — Humbug!
7. Apex
11. Soon
13. Lager
14. Movie starring a pet pig
15. Theme park transport
17. New home construction site
18. Regarding (abbr.)
19. Locales
22. Spread
26. South American Sloth
27. Everything
28. Concerning (abbr.)
30. Idleness
34. Winter malady
35. Battlestar Galactica actor: Edward James —
37. Old time actress West
38. Florida city
40. "— Mice and Men"
41. Parseghian of Notre Dame
42. Exclamation of surprise
43. Bouquet
46. Rank
50. Sheriff on The Waltons
51. Paving material
52. Peak
58. Aglow
60. — You Afraid of the Dark?
61. Healthy soil
62. Fall colours
63. Turner or Danson
64. Speck

Down
1. Emeril's favourite expression
2. Yoko —
3. Rocker Jon — Jovi
4. Barnyard sound
5. "Love Story" actress MacGraw
6. Aid
7. Blood type
8. Baby powder
9. Woodwind instrument
10. Family dogs and cats
12. Author Roberts
16. Phonebook look-up
20. Scottish girl
21. Feel poorly
22. River transport
23. Jazz singer Fitzgerald
24. Type of pudding
25. — we meet again
29. Funnyman Philips
31. Sharif or Epps
32. Scarlett O'Hara plantation
33. Mend
35. Hawaiian Island
36. Light switch position
39. Found on Anna Olson's Sugar
44. Dancing with the Stars judge Goodman
45. October birthstone
46. Sun
47. Faerie — Theatre
48. Extremely dry
49. Tiff
53. Anger
54. Actor Beatty
55. Parcel delivery request
56. Legal Aid Ontario (abbr.)
57. Ambulance administrator
59. Author – Eliot

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	3		6	9	1		5	
6								8
		9				6		
9	2		5		8		6	1
				3				
3	8		7		9		2	5
		5				2		
8								4
	4		8	1	6		7	

Yesterday's Sudoku

Today 6°/-8° Showers 40%
Thursday -5°/-11° Partly cloudy
Know what the weather will be 14 days from now.
Check the 14 day trend
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N33326A
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N33215A
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SAVE $1,107

$198 per week

2010 SUBARU IMPREZA WRX AWD
N33229A
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SAVE $2,107

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